

## **Abstract**

Methods and devices for the treatment of airway obstruction, sleep apnea and snoring, by tongue suspension for treatment of airway obstruction in a human subject, including the steps of inserting a bone anchor into the mandible of the subject, and fastening at least one suture to the bone anchor to suspend the tongue to the mandible. Preferably, the bone anchors used are surgical screws. The sutures are fastened to at least one surgical screw, and are preferably inserted in positions adjacent to the mandible's midline. Alternatively, suspension of the hyoid bone is accomplished.

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